



**Example of Clean Eating Contact your Health Care Professional before starting any diet or weight loss plan:**

#### **Breakfast:**

- **Protein Shake:** Whey or Brown Rice/Pea Protein (low sugar) 1 scoop + 1-2 cups fresh or frozen fruit + 1 tablespoon flax or chia seeds + handful of spinach or any greens + 1-3 tablespoons of yogurt (if you can tolerate dairy) + water/ice (mix chocolate with banana or cherries, raspberries or strawberries)
- **Egg White Omelet:** 3-4 egg whites + variety of vegetables pick your favorites top with salsa (skip cheese and don't fry in oil)
- **1/2 cup Steel Cut Oatmeal** with water + cinnamon + chia or flax seeds (skip the sugar and dried fruit)

#### **Lunch:**

- **Salad:** Protein 4 ounces (lean, hormone free is ideal no deli meats) + variety of veggies + mixed greens and/or spinach Salad dressing can be lemon or vinegar and oil or light dressing with no sugar
- **Wrap Sandwich:** Sprouted or unprocessed tortillas are ideal but wraps are a way to cut carbs- use 4 ounces of lean protein + large amount of variety of veggies and a little hummus or mustard for moisture
- **Sandwich:** if you must, do open face no cheese and lots of veggies, greens and 4 ounces of protein

#### **Dinner:**

- **Protein (4 ounces)** grilled, baked lean (fish, chicken, turkey, grass fed beef or game meat) + vegetables (4-6 ounces) + starch if needed (3 ounces of yam or 1/4 cup of brown rice or unprocessed pasta)

#### **SNACKS (1-2x per day depending on workouts and activity if needed):**

- Piece of fruit (apple, orange, berries)
- Veggies cut up with hummus (1 teaspoon)
- Cherry tomatoes
- 4 oz of cottage cheese or yogurt plain
- 6-10 almonds, walnuts or handful of sunflower seeds (raw and unsalted)
- hardboiled egg whites

**\*\*Drink 2-3 liters of water per day**

**\*\*Don't add sugar to condiments with sugar to your foods**

**\*\*Avoid processed packaged foods that are high in sodium**